



2026 NB Outdoor Championships & Legion Selection Meet

Canada Games Stadium
UNB Saint John
100 Tucker Park Road, Saint John
July 4-5, 2026



Registration:

- Individual events are \$35 for 1st event and \$20 for each additional event, to be paid on online.
- U12 Events are & U14 Events are \$20
- Registration will be done online at Trackie.com
<https://www.anb.ca/calendar/tnf/>
- **Registration deadline is 11:59pm on Tuesday, June 30th, 2026**
- Late registrations will be accepted up to 12:00 pm on Thursday, July 2, at a cost of \$50 for the per event

Technical Information:

- Spikes must be pyramids, “trees” or “towers” of a maximum length of 7mm; needle spikes will not be permitted.

Some categories may be combined in certain events, but final results will be separated into the age categories.

Competition Check in:

Athletes are required to check in to pick up Competition Bib Numbers on arrival at the facility.

Event Check In Procedures & Deadlines:

Field Events – Check in at the event location 30 min before scheduled start time for warm up.

Track Events – Report to the athlete Call room to receive hip numbers 10 min before scheduled start time.

Athletes not reporting in as above may be designated as “Did Not Start” and removed from the event at the discretion of the officials

HOTELS/ACCOMMODATION UNBSJ Residences Contact:

<https://www.unb.ca/saintjohn/conferenceservices/accommodations/index.html>

Questions can be emailed to:

- Oyinko Akinola oyinkoakinola@gmail.com
- Chris Belof chris.belof@unb.ca
- Bill MacMackin SaintJohnTrack@gmail.com

Inscription:

- Épreuves individuelles 35\$ pour 1^{ère} épreuve et 20\$ pour chaque additionnelle, payé en ligne.
- Épreuves U12/U14 20\$
- Inscription sera en ligne à Trackie.com :
<https://www.anb.ca/calendar/tnf/>
- **La date limite d’inscription est 23h59, mardi le 30 Jun 2026**
- Des enregistrements en retard seront acceptés jusqu’à 12h00 jeudi le 2 July, à un prix de 50\$ pour épreuve

Information technique:

Les crampons doivent être des pyramides, des « arbres » ou des « tours » de 7mm maximum; les aiguilles ne seront pas permises. Certaines épreuves risquent d’être combinées, mais les résultats seront classés en leur catégorie respective.

« Check-in » pour la compétition :

Les athlètes doivent présenter à la table de « Check-in » afin de récupérer leur dossard à leur arrivée au stade.

Procédure de « Check-in » et retard :

aÉpreuves de pelouses – « Check-in » se fait 30min avant l’heure de départ de l’épreuve pour l’échauffement.

Épreuves de pistes – se présenter à la chambre d’appel 10min avant le départ de ça course.

Les athlètes ne se présentant pas à temps, risque de se retirer de l’épreuve à la discrétion de l’officiel

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Individual events will be scored as follows:

- 1st = 7pts
- 2nd = 5pts
- 3rd = 4pts
- 4th = 3pts
- 5th = 2pts
- 6th = 1pt

Combined events and relays will be scored using the following system:

- 1st = 10 pts
- 2nd = 8 pts
- 3rd = 6 pts
- 4th = 4 pts
- 5th = 2 pts
- 6th = 1 pt

A team banner will be presented to the club with the highest combined score. Scores will be based on the following categories: U14 female & male, U16 female & male, U18 female & male, U20 female & male, Senior female & male, Para female & male, Masters female & male (36+)

Les épreuves individuelles seront notées comme suit :

- 1^{er} = 7pts
- 2^e = 5pts
- 3^e = 4pts
- 4^e = 3pts
- 5^e = 2pts
- 6^e = 1pt

Les épreuves combinées et les relais seront notés en utilisant le système suivant :

- 1^{er} = 10 pts
- 2^e = 8 pts
- 3^e = 6 pts
- 4^e = 4 pts
- 5^e = 2 pts
- 6^e = 1 pt

Une bannière d'équipe sera remise au club ayant obtenu le score combiné le plus élevé. Les scores seront basés sur les catégories suivantes: U14 féminin & masculin, U16 féminin & masculin, U18 féminin & masculin, Sénior féminin & masculin, Para féminin & masculin, Maîtrise féminin & masculin (36+)

Category Born in Age on Dec 31 of this year

U12	2015-2016	10-11
U14	2013-2014	12-13
U16	2011-2012	14-15
U18	2009-2010	16-17
U20	2007-2008	18-19
Senior	1992-2005	20-34
Masters	before 1992	35+ (typically in 5 year year increments i.e. 35-39, 40-44, 45-49)

catégories Age on Dec 31 of this year

U12	2015-2016	10-11
U14	2013-2014	12-13
U16	2011-2012	14-15
U18	2009-2010	16-17
U20	2007-2008	18-19
Senior	1992-2005	20-34
Vétéran	1992+	35+ (typically in 5 year year increments i.e. 35-39, 40-44, 45-49)



Track Events and specifications / Épreuves et spécifications

	U12	U14	U16	U18	U20	Open	Master
80mh		✓ 0.76m/30"	✓ F - 0.76m/30"				★
100mh			✓ M - 0.84m/33"	✓ F - 0.76m/30"	✓ F - 0.84m /33"	✓ F - 0.84m / 33"	★
110mh				✓ M-0.91m/36 "	✓ M- 0.99m/39"	✓ M - 1.07m 42"	★
200mh		✓ M-F - 0.76m/30"	✓ F - 0.76m/30"				
400mh				✓ F - 0.76m / 30" M - 0.84m / 33"	✓ F - 0.76m / 30" M - 0.91m / 36"	✓ F - 0.76m / 30" M - 0.91m / 36"	★
80m		✓					
100m			✓	✓	✓	✓	✓
150m		✓					
200m			✓	✓	✓	✓	✓
300m			✓				
400m				✓	✓	✓	✓
800m		✓	✓	✓	✓	✓	✓
1200m		✓	✓				
1500m				✓	✓	✓	✓
2000m			✓				
3000m				✓	✓	✓	✓
5000m*					✓	✓	✓
10000m*						✓	✓
1000m Steeple		✓ M-F - 0.76m/30" No Water Jump					
1500M Steeple			✓ M-F 0.76m/30"				
2000m Steeple				✓ F -0.76m/30" M - 0.84m / 33"			
3000m Steeple					✓ F -0.76m/30" M - 0.91m / 36"	✓ F -0.76m/30" M - 0.91m / 36"	★
Relays		✓ 4x100m & 1600m Medley	✓ 4x100m & 1600m Medley	✓ 4x100m 4x400m 4x400m Mixed	✓ 4x100m 4x400m 4x400m Mixed	✓ 4x100m 4x400m 4x400m Mixed	★

*Subject to minimum entry Numbers at the discretion of the host and Athletics NB

Field & Combined Events specifications / Épreuves et spécifications

	U12	U14	U16	U18	U20	Open	Master
Long Jump		✓	✓	✓	✓	✓	✓
High Jump		✓	✓	✓	✓	✓	✓
Triple Jump			✓	✓	✓	✓	✓
Pole Vault			✓	✓	✓	✓	✓
Shotput	✓ F - 2kg M - 2kg	✓ F - 3kg M - 3kg	✓ F - 3kg M - 4kg	✓ F - 3kg M - 5kg	✓ F - 4kg M - 6kg	✓ F - 4kg M - 7.26kg	★
Discus		✓ F/M - 750g	✓ F/M - 1kg	✓ F - 1kg M - 1.5kg	✓ F - 1kg M - 1.75kg	✓ F - 1kg M - 2kg	★
Javelin		✓ F/M - 400g	✓ F/M - 500g	✓ F - 500g M - 700g	✓ F - 600g M - 800g	✓ F - 600g M - 800g	★
Hammer			✓ F - 3kg M - 4kg	✓ F - 3kg M - 5kg	✓ F - 4kg M - 6kg	✓ F - 4kg M - 7.26kg	★
Combined Event	<u>Tetrathlon</u> F/M - 80m, SP, LJ, 600m	<u>Tetrathlon</u> F/M - 80m, SP, LJ, 800m	<u>Pentathlon</u> F-80nh, HJ, SP, LJ, 800m M- 100mh, LJ, SP, HJ, 100m	<u>F - Heptathlon</u> Day 1 (100m Hurdles, High Jump, Shot Put, 200m) Day 2 (Long Jump, Javelin Throw, 800m) <u>M- Decathlon</u> (Day 1 (100m, Long Jump, Shot Put, High Jump, 400m) Day 2 (110m Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m))			★

★ - Masters events will follow CMA specifications where possible. Les épreuves pour les vétérans vont suivi les spécifications du VCA ou possible.

TENTATIVE SCHEDULE OF EVENTS (Subject to change based on entries)

Final Schedule available the day before the meet

HORAIRE PRÉLIMINAIRE DES ÉPREUVES (Sujet à des modifications)

L'horaire complet sera disponible le jour avant de la compétition

Track Schedule				Field Schedule		
TIME / TEMP S	EVENTS / ÉPREUVES	DETAILS / DÉTAILS	AGE GROUPS / CLASSEMENT D'ÂGE	HORIZONTAL JUMPS	VERTICAL JUMPS	THROWS
Saturday – 12:00 PM - 5:00 PM SCHEDULE						
12:00	100m	Final	Decathlon	Triple Jump: All Male	High Jump: All Female	Hammer: All Male & Female
12:10	100m	Prelim	All Ages			
12:40	80m	Final	U14 & Tet			
12:45	110m, 100m, 80m Hurdles	Final	All ages / Hep / Pent			Para Shot put & Discus
1:00	5000m*	Final	U20+ & Open	Long Jump: Decathlon		
1:40	2000m	Final	U16	Long Jump: Tet & Pent (M)	High Jump: Hep & Pent (W)	Discus: All Female
1:50	3000m	Final	U18+ & Open			
2:30	300m Hurdles 400m Hurdles	Final	U14 & U16 U18+			Shot Put: Tet, Pent (M&W)
2:50	800m	Final	U14 Tetrathlon	Long Jump: All F & Pent	High Jump: Pent (M)	
3:10	100m	Final	U16+ & Open			Shot Put: Dec & Heptathlon
3:30	150m	Final	U14			
3:40	200m	Final	Heptathlon		High Jump: Decathlon	Shot Put: All Male
4:00	1000m	Final	Pent (M)			
4:00	800m	Final	U14+ & Pent (W)			
4:00	400m	Final	Decathlon			
4:10	Relays	Final	Clubs	4x100m relays at request of clubs		
4:30	10000m*	Final	U20+			

Track Schedule				Field Schedule		
TIME / TEMPS	EVENTS / ÉPREUVES	DETAILS / DÉTAILS	AGE GROUPS / CLASSEMENT D'ÂGE	HORIZONTAL JUMPS	VERTICAL JUMPS	THROWS
Sunday – 9:00 AM - 1:00 PM SCHEDULE						
9:00	110 M Hurdles	Final	Decathlon			
9:30	Steeple Chase 1000m 1500m 2000m 3000m	Final	U14 U16 U18 U20+ & Open		High Jump: All Male	Shot Put: All Female
10:20	200m	Final	All Ages	Long Jump: Male & Hep		Discus: Decathlon & All Male
10:50	1200m	Final	U14 & U16			
11:00	1500m	Final	U18+ & Open			Javelin: Heptathlon & all Female
11:30	Track break – Officials			Triple Jump: All Female	Pole Vault: Decathlon & Male/Female	
12:15	800m	Final	Heptathlon			
12:30	400m 300m	Final	U18+ & Open U16			Javelin: Decathlon & all Male
12:50	Relays	Final	Clubs	4x400m & Medley 1600m relays at request of clubs		
1:00	1500m	Final	Decathlon			

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